

# NEWCOMER NEWS

January 2026



Olympia  
Unitarian  
Universalist  
Congregation



We focus on a different theme each month, and January's theme is Practicing Resistance. Join us all month to explore this theme in worship and spiritual practices.

## WELCOME NEWCOMERS!

This is a special monthly newsletter that shares what is happening here at OUUC for those who are new. We are trying to avoid insider language and assumptions here, if anything doesn't make sense please let us know.

We are also happy to chat with you in general. Feel free to reach out:

Rev Mary Gear, [minister@ouuc.org](mailto:minister@ouuc.org)  
Rev Sara Lewis  
[dcfd@ouuc.org](mailto:dcfd@ouuc.org)



S U N D A Y

## SUNDAY SERVICES EXPECTATIONS

Our Sunday services follow a gentle, welcoming flow designed to engage both heart and mind. Most Sundays begin with music and opening words, followed by the lighting of our chalice, a symbol of our shared faith and community. We often include a story—for all ages—that invites reflection and connection.

Midway through the service, we share the plate, our weekly offering that supports both the congregation and justice work beyond our walls. We then move into a Ritual of Sharing from the Heart, when you are invited to take a rock from the basket, and place it into the bowl of water. You may also notice rocks on your way into the sanctuary, and those are for the same ritual – we offer them in case you would like to sit with your rock for a little longer and breath your joys and sorrows into it.

We usually sing more hymns, and listen to more readings. The service concludes with a two-part sermon, offering space for reflection, learning, and meaning-making from a Unitarian Universalist perspective. You are always welcome to participate in whatever way feels comfortable to you—listening is always enough.

## SOUL MATTERS

Our drop in UU Soul Matters group offers a welcoming space for reflection, connection, and meaningful conversation. Each gathering begins with lighting the chalice, followed by introductions and a check-in, giving everyone a chance to share what's present for them (sharing is always optional).

From there, we spend time engaging with the Soul Matters packet for the month through thoughtful discussion and simple spiritual practices. No prior experience is needed—just come as you are and participate at your own comfort level.

Our next meeting is January 22 at 6:30 pm. If you'd like a copy of the monthly packet ahead of time, please email Chloe at [memberengagement@ouuc.org](mailto:memberengagement@ouuc.org).

We'd love to have you join us!



## PREVIOUS SERVICES

If you are new to our congregation and looking to get a feel for our worship, you can find recordings of our previous Sunday services on our website. Visiting past services is a great way to experience our music, sermons, and community at your own pace—whether you're exploring for the first time or catching up on a week you missed.

## NEW UU SEEKER'S CLASS

We hold a class for newcomers to learn more about OUUC and Unitarian Universalism on Sundays from 2-3:30pm via Zoom. All are welcome to join us, Please RSVP to get the zoom link to Chloe at [memberengagement@ouuc.org](mailto:memberengagement@ouuc.org)

### Upcoming Topics of the Classes:

- 1/11 Who we are: OUUC
- 1/18 Who we are: Unitarian Universalists
- 1/25 How & Why we Worship
- 2/1 How we Learn and Grow
- 2/8 How we Care for Each Other
- 2/15 How we Put our Faith Into Action
- 2/22 How we Connect
- 3/1 Membership
- 3/8 Final Q & A



## COME EAT WITH US FOR FOOD AND FRIENDSHIP

A great way to get to know us is to come to one of our weekly dinners. We put on a dinner on Thursday evening almost every week, 5:30pm. All are welcome, it's not a potluck, just come!

We have many activities after dinner: spiritual practice groups, parent groups, game nights, and more. Most groups are drop in and welcome newcomers. Check the calendar for the latest happenings.

Note: there are no dinners on 12/25 or 1/1 for the holiday break.